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Bangalore Mirror

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RIPPLES OF WAR

BM looks at how war is squeezing B'luru — today, we focus on rescue centres struggling to cook one meal per day for animals under their care

PAGE 2

WATERY GRAVE

Some lakes in city receiving organic pollutants from sources such as untreated sewage, industrial and agricultural runoff, waste from nearby settlements

PAGE 6

13,912 devices have been reported on CEIR portal in Bengaluru over past 3 months, and just 27.2% recovered; several phone theft victims report their complaints being registered under lost category with not much follow-up

NOT A LOST CAUSE

Police chief makes it clear any snatching should be treated as robbery

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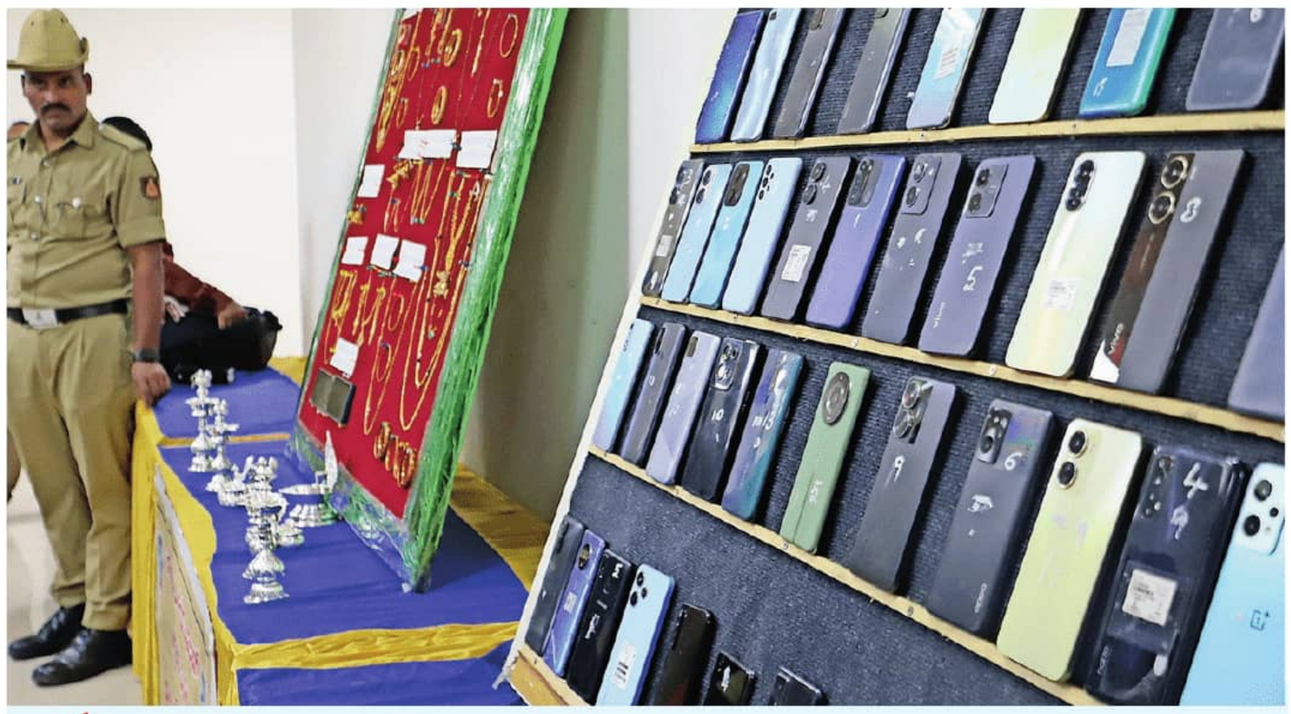


Despite clear procedural guidelines, several police stations across the city are allegedly registering theft cases as "lost" complaints instead of booking them under stolen property offences, allegedly to manage crime statistics and reduce workload.

Recently, a commuter near the Silk Board flyover was allegedly struck by a car, after which two individuals, who approached under the pretext of helping him, stole his phone from his pocket. Though the incident clearly amounts to pick-pocketing, it was recorded as a "lost" complaint.

According to the 23-year-old victim, the incident occurred on April 6 around 1.30 pm while he was travelling near the Silk Board flyover. He said he had not entered the flyover when a car allegedly hit them, causing him to lose control and fall.

During this time, two individuals, who were sitting near a bus stand, approached him, checked on his condition, and left. About five minutes later, the victim realised that his phone had been stolen. He then filed a complaint at the Bommanahalli police station.

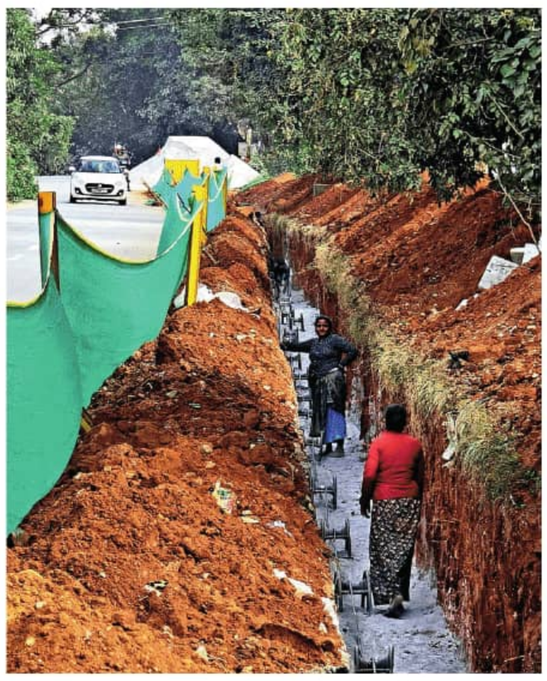
> **"A 'lost' complaint is treated as a minor issue and does not require much effort. Registering an FIR means the police must carry out a full investigation, prepare reports, and follow up on the case, which can be time-consuming for an already busy and understaffed force**
>
> —Pradeep Kumar PK, advocate

"I went to the police station and submitted a written complaint, but no FIR was registered. The police assured me they could trace the phone without filing one. We even went to the location and tried to check CCTV footage after that the complaint procedure was initiated. The mobile number was later blocked on the Central Equipment Identity Register (CEIR) portal, but there have been no updates since," he said. The CEIR is a centralised database of mobile equipment identifiers that helps track lost or missing phones.

CONTINUED ON PAGE 8 >>

80% spending, 0 accountability

Recent report exposes Bengaluru's public finance black box



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Despite handling the bulk of public funds, unelected agencies in Bengaluru operate with little transparency, raising serious concerns over accountability and governance. A recent report by Janaagraha highlights that nearly 80% of Bengaluru's public money is controlled by parastatals and state departments that are neither elected nor directly answerable to citizens.

With the city government itself functioning without elected representatives since 2020, questions over who is accountable for how public money is spent remain largely unanswered.

The data reveals that only 19.6% of public expenditure is handled by the Bruhat Bengaluru Mahanagara Palike (BBMP), while the rest is distributed among agencies such as Bengaluru Electricity Supply Company (47.3%), Bengaluru Metro Rail Corporation Limited (13.4%), Bengaluru Water Supply and Sewerage Board (8.8%), Bengaluru Metropolitan Transport Corporation (6.3%), and Bengaluru Police (2.4%). While these agencies deliver essential services, they are not directly accountable to citizens, creating a disconnect

CONTINUED ON PAGE 8 >>

THINGS TO DO

01 Ready for a laugh?

Known for his authentic style and dynamic performances, renowned Indian stand-up comedian and content creator Harsh Gujral brings his signature humour to Bengaluru, with an all new live performance called 'Harsh O Ullas'. **Where: MLR Convention Centre by Brigade Hospitality; When: April 17, 8 pm**

02 Sweet spot

Amay Dessert Studio presents a chocolate tasting experience where guests can explore flavour, texture, and storytelling while sampling a curated selection that highlights the nuances of cocoa, the craft behind each piece, and the stories connected to them. **Where: Atta Galatta, Indiranagar; When: April 19, 1 pm**

03 Game on

Loco Lane transforms match day into a premium fan sanctuary, offering all inclusive IPL screenings with gourmet dining and the comfort of premium box seating for an elevated experience. **Where: Loco Lane, Ashok Nagar; When: Until May 31, 5 pm**

04 Pen pals

Atta Galatta is presenting an Indie Authors Social, focusing on the challenges faced by independent writers, offering opportunities to connect, set 1–3 year goals, and collaborate, aiming to support authors in shaping their creative journeys. **Where: Atta Galatta, Indiranagar; When: April 19, 11 am**

05 Into the wild

Career Compass, in association with Laughing Elephants, presents an unforgettable outdoor summer camp amidst the tranquil Sharavathi backwaters near Jog Falls. Designed for children and teenagers aged 10 to 18, the camp offers opportunities to explore nature and build new skills. **Those interested can contact for registration: +91 98450 47991; When: Until April 23, May 7 to 21, June 11 to 25.**

Who's to rescue the rescuers?

Amid LPG shortage, animal rescue shelters struggle to cook for animals in their care, with many forced to turn to firewood, more labour intensive and time consuming alternative

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Procuring firewood has also become increasingly difficult due to rising demand (File photo)

As commercial gas cylinders become scarce or prohibitively expensive in the grey market, several animal rescue centres and NGOs are even now struggling to cook even a single proper meal a day for hundreds of animals under their care.

At facilities like We Save Animals (WSA), the impact has been immediate and severe. For nearly three weeks, the organisation has been unable to procure commercial LPG cylinders through regular channels. What is available informally comes at steep prices ranging between Rs 6,000 and Rs 7,000 per cylinder far beyond what donation-run shelters can afford. "We are running purely on donations, and this sudden spike has made it impossible for us to sustain. We have around 220 dogs along with cows, cats, and other animals in our rescue centre. Feeding them has become a daily struggle," said Praveen Kumar, Founder-President of We Save Animals (WSA).

RIPPLES OF WAR

In the absence of LPG, volunteers have turned to firewood cooking, an option that is both labour-intensive and increasingly unreliable. Procuring firewood itself has become difficult due to rising demand, forcing caregivers to resort to burning newspapers and discarded cloth to keep the fires going. Cooking, which already takes hours due to the scale, has now become even more time-consuming and physically exhausting.

"We cook about 150 eggs along with rice and boiled chicken because these animals require protein-rich diets.....Now, even feeding them once a day properly is becoming difficult," Kumar explained. The crisis extends beyond a single organisation. At Charlie Animal Rescue Centre, the scale of operations highlights the magnitude of the problem. According to Keerthan RT, Chief Manager of Charlie Animal Rescue Centre, their facility prepares nearly 350 kg of food daily comprising rice and chicken to feed over 600 dogs and several other animals.

"To cook this quantity, we need at least one to two cylinders every day. We start cooking at 5 am, and a single batch can take up to five hours. With firewood, the process stretches even longer, sometimes until mid-afternoon," he said.

The reliance on frozen meat further complicates the process, as it requires thorough cooking to ensure safety and nutrition. Despite these logistical challenges, the centre has maintained both the quantity and quality of meals, recognising that nutritional compromise could have serious consequences for animal health. Experts caution against feeding stray or rescued dogs with easily available substitutes like biscuits. While commonly used by well-meaning citizens, such foods can lead to digestive issues, skin problems, and long-term health complications due to lack of proper protein.

With added hurdles, cooking for hundreds of animals, which already took hours due to scale, has now become even more physically exhausting for rescue centres

The crisis is also affecting animals beyond shelter walls. Volunteers working with local welfare groups report a sharp increase in hunger among stray dogs. With many roadside eateries shut or operating at reduced capacity, leftover scraps, which are a crucial informal food source, have disappeared.

"Stray dogs depended heavily on small eateries for food. Now that these places are shut, they are struggling. Add to that the heat and water scarcity, and the situation is becoming alarming," said Girish Krishnappa, animal welfare volunteer. Despite approaching local authorities and political representatives, rescue groups say their appeals have largely gone unheard. "We are told that human needs must come first. But animals cannot speak for themselves. That is why we are raising our voices," said Praveen Kumar.

Doctors find, cure serious health issue masked as migraine

What may seem like a migraine can sometimes be linked to an underlying condition if it continues for a long time without improvement. A patient who had been taking treatment for migraines for several years without relief later developed a serious health issue, showing the need for proper evaluation when symptoms do not improve.

Hari (name changed), a resident of Shivamogga, had been undergoing treatment for migraines for several years, but his condition did not improve. Over time, his health worsened. When he reached Manipal Hospital, Kanakapura Road, he was in a critical state with symptoms including drowsiness, lack of response, and episodes of unresponsiveness, along with mental distress. He was referred for treatment of brain bleeds, but the medical team led by Dr Sharath Kumar GG, Consultant in Radiology and Interventional Neuroradiology, examined the case further. Instead of treating only the visible issue, they investigated the cause. Tests showed that he had a ventral dural tear in the dorsal spine, which had led to a long-term cerebrospinal fluid leak. This condition resulted in bilateral subdural haematomas, which are blood clots inside the skull caused by prolonged fluid loss.

Dr Dhananjaya I Bhat, Consultant Neurosurgery, handled the surgical treatment. He said, "We planned the procedure carefully as the condition involved both the spine and the brain." The surgery involved accessing the spine, repairing the tear, and managing the related complications. Hari's condition improved after surgery. He was later discharged in a stable condition. Doctors said the case shows the importance of identifying the cause. **— BMB**

Engineering admission fees likely to rise by 7.5%

Engineering course admission fees for the academic year 2026–27 are likely to increase by 7.5 per cent. The decision was taken in a meeting chaired by Higher Education Minister Dr MC Sudhakar with representatives of private institutions. While private colleges had proposed a 10–15 per cent hike, the government approved a 7.5 per cent increase after detailed discussions. With this revision, CET quota fees in Type-1 private colleges will rise from Rs 81,800 to Rs 87,935, and in Type-2 colleges from Rs 91,000 to Rs 97,825, excluding university and other processing charges. The hike applies only to students admitted under the government quota in private engineering colleges, while fees in government colleges remain unchanged. Universities will charge Rs 10,610, and colleges are permitted to collect an additional Rs 20,000 as other fees. Last year too, fees were increased by 7.5 per cent, continuing the trend of steady annual revisions. **— BMB**

Air ambulance helipad at Jnanabharathi in the works

Even before the GBA's proposed SkyDeck project near Jnanabharathi was scrapped, discussions had begun at the government level to establish an air ambulance helipad to support emergency medical services. The aim is to protect the critical "golden hour" for patients in Bengaluru's southern and western regions, where traffic congestion often delays timely access to hospitals, leading to loss of lives during emergencies, accidents, and organ transplants.

Sources said that the project requires approvals from the Directorate General of Civil Aviation and the Forest Department, as the Jnanabharathi campus is rich in biodiversity. Still in its preliminary stage, the plan is being evaluated for feasibility. Spread across 1,186 acres and located close to major hospitals, the campus is considered suitable for safe helicopter landings. Authorities are also looking at integrating metro connectivity for faster patient transfer, similar to past instances where organs were transported swiftly using Namma Metro to save lives. **— BMB**

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Namma clinic sick again, patients waiting in vain

Patients visiting clinic report no doctors and limited medicines, raising concerns over reliability of healthcare services meant for economically weaker sections

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Namma Clinic at Bhattarahalli near KR Puram is once again in the news for the wrong reasons. The facility, meant to serve patients from below poverty line (BPL) families, has been facing recurring issues over the last two years.

The clinic had earlier been highlighted in August 2024, when Bangalore Mirror reported that a doctor appointed to the facility was absent for nearly two months, causing inconvenience to patients. Following the report, the Medical Health Officer, KR Puram, had arranged for a doctor to be posted at the clinic.

However, residents now claim that the problems have been resurfaced. "There has been no problem since last December. I came to know that Namma Clinic has not had medicines since December 2025. The doctor is not working on a regular basis. I visited the Namma Clinic recently and found no doctor working at the Namma Clinic," said Balaji Raghotham, a resident.

"What is the use of having a Namma Clinic here? It does not have a doctor and there is an acute shortage of medicines. The staff told me that medicines have been in short supply since December
– Ashok Naidu, resident

Expressing a similar concern, Ashok Naidu, another resident, said that authorities have failed to monitor the facility. "What is the use of having a Namma Clinic here? It does not have a doctor and there is an acute shortage of medicines. The staff told me that medicines have been in short supply since December. I appeal to the Medical Health Officer to investigate the matter on a priority basis as most of the patients visiting Namma Clinic are from poor families," he said.

A staff member, speaking on condition of anonymity, said the doctor posted at the clinic is also assigned duties at the primary health centre (PHC) in KR Puram on Mondays and Fridays. "With the doctor, assigned for this Namma Clinic, on duty at the PHC in KR Puram on Mondays and Fridays, there is no doctor at this Namma Clinic on those days. The other problem is acute shortage of medicines including pain killers and tablets for patients suffering from blood pressure (BP) and diabetes," the staff member said. The Medical Health Officer (KR Puram) was unavailable for comment.

(Top): Namma Clinic; (Below) No doctor at Namma Clinic situated at Bhattarahalli near KR Puram

New advisory reshapes food at govt functions

The Karnataka government on Monday issued a nutrition advisory recommending healthier food and beverage options at meetings, functions and other official gatherings held in the state. The advisory has been issued by the Department of Karnataka Health and Family Welfare Services to promote healthy dietary and nutritional habits among officials and staff, noting that food, refreshments and beverages served in government offices and official programmes are "often not aligned with nutrition standards."

The advisory recommends serving snacks such as millet-based, low-fat and low-sugar foods, fresh fruits, vegetable salads, sprouts, roasted nuts and seeds during in-house office meetings and breaks. For larger government events, conferences and exhibitions, departments have been advised to include at least one millet-based item during snacks and a minimum of two millet dishes in meals, along with local cuisine and one regional recipe. If non-vegetarian food is served, it should consist of well-cooked lean or white meat, the advisory stated. In eateries operating within government office campuses, the department has recommended fresh vegetable salads, boiled pulses such as horse grams or chickpeas, and low-fat beverages.

If non-vegetarian food is served, lean meat is advised, with salads, pulses and low-fat beverages

It suggests serving food using reusable metal plates and glasses while avoiding microwave-heated food, industrially processed food, fried snacks, high-fat or heavily spiced dishes, carbonated drinks, high-sugar fruit juices and alcoholic beverages. "Local cottage industries, self-help groups, prison kitchens, nutri-gardens and others should be preferred for placing food and beverage orders," the advisory added. — PTI

Half-open project keeps congestion issues alive

Though the double-decker corridor built along Namma Metro's Yellow Line between Ragigudda and Central Silk Board has been inaugurated, full traffic movement is yet to begin as the other stretch remains unopened. The ₹449 crore road-cum-rail project spans about 3.3 km, with one side opened to vehicles in June 2024, enabling signal-free movement towards HSR Layout and Hosur Road. However, the remaining 1.37 km stretch from Central Silk Board to Ragigudda was delayed due to pending ramp works, which have now been completed.

Once fully operational, the corridor is expected to ease congestion on one of the city's busiest stretches, especially during peak hours when traffic crawls along Jayadeva and HSR Layout roads. Commuters say opening the entire double-decker will reduce bottlenecks. Officials have conducted inspections and indicated that an inauguration date for the remaining stretch will be finalised soon. — BMB

New masterplan targets planned urban expansion

Keeping Bengaluru's future development in focus, the Bangalore Development Authority (BDA) has prepared a draft of the Revised Master Plan 2041 and issued a preliminary notification inviting public participation to ensure planned urban growth. The revised plan places greater emphasis on the city's peripheral areas and proposes redefining the local planning area under BDA, excluding the jurisdiction of the newly formed Greater Bengaluru Authority (GBA), which oversees 712 sq km of the core city. Meanwhile, BDA is working on a comprehensive blueprint covering around 500 sq km and 242 villages within its limits.

BDA officials said the plan aims to curb unregulated expansion and promote structured development across Bengaluru. Citizens, stakeholders, landowners and experts have been given a 60-day window from April 6 to submit suggestions or objections. Inputs related to land use, housing layouts, commercial zones and road connectivity will be reviewed and incorporated into the final report. The proposed plan includes 242 villages across key areas such as Anekal, Attibele, Jigani, Yelahanka, Kengeri and Bidarahalli. — BMB

Planned parking aims to ease traffic chaos

The Bengaluru South City Corporation will implement a structured parking policy across 42 roads in Jayanagar, said Commissioner KN Ramesh. He added that similar measures will be introduced in other zones of the city in a phased manner to streamline parking and reduce congestion. Encouraging citizen participation, the commissioner said residents' welfare associations can partner with the civic body by adopting new technologies and solutions to address urban issues. He also urged citizens to follow the model adopted by apartments in Koramangala by segregating dry waste and sending it to collection centres regularly. — BMB

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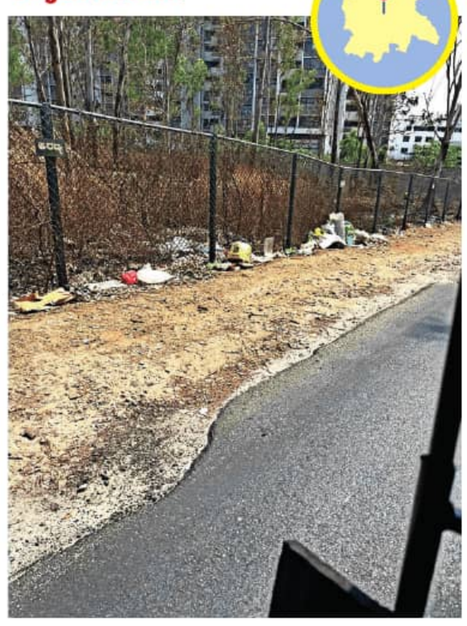
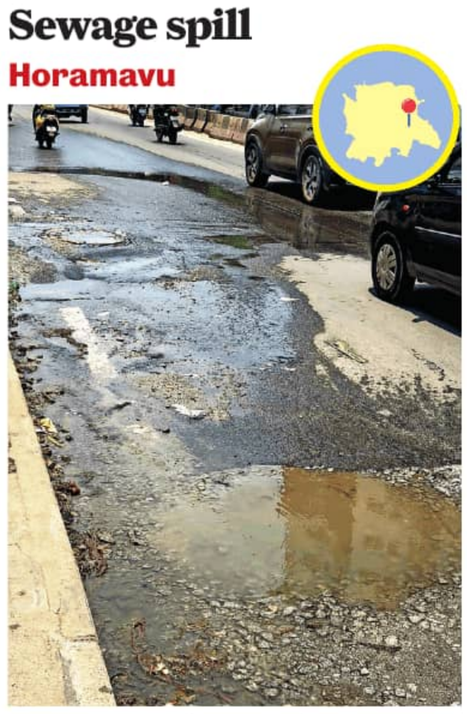


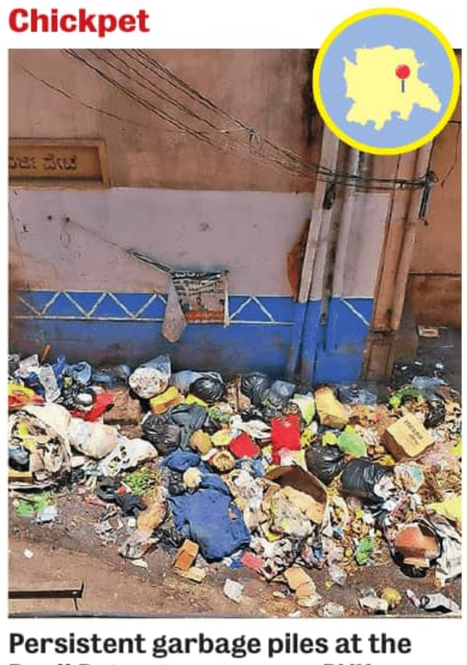
Garbage dumping along Vajarahalli 100ft Road is harming the Turahalli forest ecosystem and raising the risk of summer fires.

Sewage spill
Horamavu



A sewage manhole has been overflowing on Horamavu Main Road for a week, posing a serious health hazard to residents.

Infestation alert
Chickpet



Persistent garbage piles at the Darji Pet entrance near BVK Iyengar Road in Chickpet are triggering a severe mosquito and rodent menace.

Landmark judgment on mutt rights

Institutional dependency recognised as mutt wins compensation in landmark High Court ruling

In a significant ruling, the Karnataka High Court has held that a religious mutt is entitled to claim compensation for the death of its head priest (mathadipathi) in a motor accident, recognising the concept of "institutional dependency" alongside traditional familial dependency.

A Division Bench comprising Justice Suraj Govindaraj and Justice Tyagaraja N. Inavally allowed an appeal filed by a mutt, overturning a tribunal's decision that had denied compensation under the head of "loss of dependency". The court ruled that the death of a mathadipathi causes not just personal loss but also measurable institutional harm.

"The death of a Mathadipati results not merely in the cessation of an individual life, but in a tangible institutional loss, including loss of spiritual leadership, disruption of administrative continuity, diminution in institutional efficacy, and potential impact on offerings and institutional income," the bench observed.

The case arose from the death of Sutreshwar Shivacharya Swamiji, head of the Bale Honnur Shrimad Rambapur Virsinhasan Mutt, who died in a road accident in May 2011 when his jeep collided with a lorry. A claim petition filed by the successor seer on behalf of the mutt was partly rejected by the Motor Accident Claims Tribunal, which held that the mutt could not be treated as a "legal representative" and therefore was not entitled to compensation for loss of dependency. Disagreeing with this view, the High Court emphasised that the term "legal representative" under Section 2(11) of the Civil Procedure Code must be interpreted purposively rather than narrowly in motor accident claims.

Referring to the Supreme Court's ruling in Montford Brothers of St. Gabriel vs United India Insurance Co., the bench noted that institutions can, in appropriate cases, qualify as legal representatives where they suffer economic or functional loss due to the death of an individual.

"The mutt represents the estate and interest of the deceased in a legal and functional sense... the mutt qualifies as a 'legal representative' within the meaning of law... the mutt has suffered institutional and economic loss on account of the death... and the denial of compensation by the tribunal is contrary to settled legal principles," the court held.

Addressing the tribunal's reasoning that a spiritual leader has no dependants due to renunciation of worldly life, the High Court clarified that such renunciation does not amount to complete dissociation from all worldly functions.

The court observed that although a mathadipathi renounces material ties, he remains central to the institution's functioning, making the institution dependent on his leadership.

It held that a mutt or its successor head can be treated as a legal representative entitled to compensation for loss of dependency. Partly allowing the appeal, the court awarded 5,54,400 and directed the insurer to pay an enhanced 4,74,330 with interest within four weeks. —BMB

Group assaults teens on the street

In a shocking incident reported near Kanaka Nagar in RT Nagar, a group of seven to eight people allegedly attacked a girl and three boys in public. The attack was captured on CCTV cameras on the street.

Eyewitnesses claimed that the group brutally assaulted the victims, leaving the girl severely injured and bleeding from the mouth. It was also reported that the victim's mobile phone was smashed during the attack.

Reports suggest that the altercation began after the group was seen smoking together, which allegedly triggered the violent assault. A video of the incident was posted on X yesterday, and DJ Halli Police Station has been tasked with urgently investigating the matter. —BMB

Lokayukta trap nabs corrupt officials

An anti-corruption trap was carried out in Bengaluru under the supervision of Dr Kona Vamshikrishna, IPS, Superintendent of Police, Karnataka Lokayukta (Bengaluru City-1), leading to the arrest of three individuals, including two probationary IMV inspectors from the Nelamangala RTO.

The accused have been identified as Kiran S P (37) and Dinesh Kumar (48), both probationary IMV inspectors, along with a 40-year-old lorry driver acting as an intermediary. A case was registered based on a complaint filed by Prashant Dattatray Jadhav (34), a resident of Maharashtra.

In his complaint, Jadhav alleged that the accused demanded a bribe of 30,000 to facilitate the smooth passage of his vehicle through the NICE Road toll plaza without obstruction. According to the complainant, the demand for illegal gratification was made in exchange for clearing the vehicle and avoiding official hindrances.

Officials said the investigation revealed that the accused had already received ₹2,000 via Google Pay and ₹1,000 in cash before the trap. On the day of the operation, the intermediary was caught red-handed accepting ₹300 as a bribe.

The accused officials and the intermediary have been detained, and further investigation is under way. The operation was conducted by a team of Lokayukta officers under the supervision of senior officials, who confirmed that efforts are ongoing to gather further evidence. —BMB

CRIME FILES

₹9 crore drug haul seized

In a series of coordinated operations recently, Customs officials at Kempegowda International Airport (KIA) Terminal 2 intercepted multiple passengers arriving from Bangkok and seized significant quantities of hydroponic ganja concealed in their baggage. The total value of the seized hydroponic ganja is approximately ₹9.15 crore.

According to customs officials in a post on social media on Monday, a total of four separate cases were registered on April 10. Passengers arriving from Bangkok were intercepted in separate cases, leading to the recovery of significant quantities of the contraband concealed in their baggage. In one instance, 1.82 kg of hydroponic ganja valued at ₹63.7 lakh was seized, while another passenger was found carrying 1.48 kg worth ₹51.8 lakh. In a separate case, officials recovered 4.90 kg of the substance valued at ₹1.71 crore.

In a major haul on the same day, two passengers arriving together from Bangkok were caught with a combined 17.95 kg of hydroponic ganja, estimated to be worth ₹6.28 crore. All the accused have been arrested under the provisions of the Narcotic Drugs and Psychotropic Substances (NDPS) Act.

The smuggled substances were reportedly hidden using sophisticated concealment methods inside checked-in luggage to evade detection. Officials stated that further investigation is under way to trace possible international drug trafficking networks and determine whether the accused were acting as carriers for larger syndicates.

The seizures were part of intensified surveillance measures undertaken by the CBIC to curb drug smuggling through international routes, particularly from South-East Asia. —BMB

Suicide linked to alleged blackmail

A 28-year-old gym trainer allegedly died by suicide in Nelamangala, on the outskirts of Bengaluru, on Monday. His family has alleged that a married woman subjected him to harassment and blackmail, which they claim led him to take the extreme step.

The deceased, identified as Dilip (28), worked as a gym trainer in the area. According to preliminary police findings, he had become acquainted with a 42-year-old married woman who regularly visited the gym for training, and the acquaintance is believed to have developed into a close relationship.

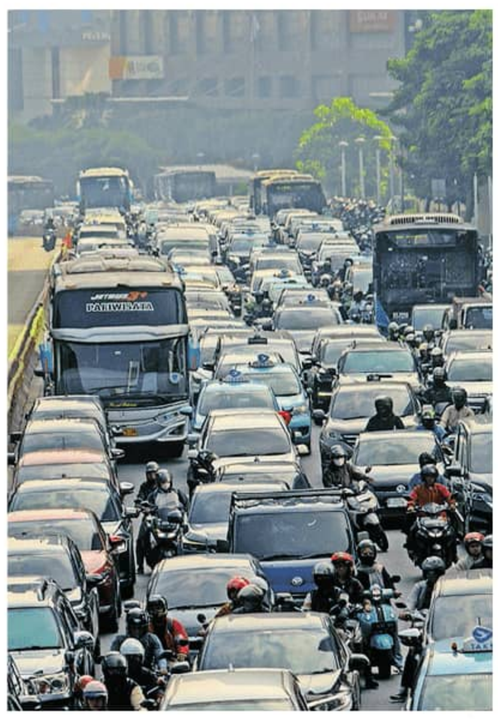
Family members alleged that the woman later resorted to blackmail, causing Dilip significant mental distress. Unable to withstand the pressure, he is believed to have taken the extreme step. Police sources said he reportedly called the woman shortly before the incident and informed her of his decision.

The incident came to light after the woman allegedly informed Dilip's brother through an Instagram message. Acting on the alert, the brother rushed to his residence, forced open the door and found him hanging. He was taken to Nelamangala Government Hospital, where doctors declared him dead.

A case has been registered at Nelamangala Town Police Station, and further investigation is under way. —BMB

979 nabbed in week-long traffic blitz

The Bengaluru Traffic Police registered 979 cases during a week-long special enforcement drive against drink-driving and speeding, conducted from April 6 to 12, across the city.



The intensive operation was carried out simultaneously across all 53 traffic police stations, targeting motorists driving under the influence of alcohol and those violating speed limits. During the crackdown on drink-driving, officials checked 50,941 vehicles of various categories and booked 747 cases against offenders.

In a parallel drive against speeding, 232 cases were registered, with fines amounting to ₹2.33 lakh collected from violators.

Police officials said the initiative is part of ongoing efforts to curb dangerous driving practices and improve road safety in Bengaluru. Traffic officials added that such enforcement drives will continue in the coming days, with stricter action planned against repeat offenders. —BMB

Cops mediate to settle neighbours' cat dispute

Hoysala officers from Seshadripuram Police Station found themselves dealing with an unusual case, acting as mediators in a domestic dispute triggered not by people, but by their cats.

According to police officials, the incident began when a resident's male cat allegedly impregnated a neighbour's female cat, leading to the birth of four kittens.

The owners of the mother cat went to the home of the male cat's owners, demanding that they take responsibility for the kittens, claiming their cat was the father.

The demand escalated into a heated argument between the two families. To prevent the situation from turning violent, the police were called to mediate.

On arrival, officers intervened and helped de-escalate the situation. The police later facilitated the transfer of the four kittens to a third party in an effort to restore harmony between the neighbours. —BMB

Toxic inflows push city lakes toward hidden ecological tipping crisis

New findings reveal rising organic pollution, dangerous nitrate levels, and worsening water quality, severely threatening fragile urban lake ecosystems, biodiversity, and long-term environmental sustainability

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Moderate pollution levels indicate significant organic matter in water, increasing oxygen demand and stressing aquatic life across affected urban lakes

The Central Water Commission (CWC) has now highlighted the crisis that Bengaluru's lakes are facing. In a recent report, the Central Water Commission noted that several lakes in the city are receiving inflows of organic pollutants from untreated sewage, industrial and agricultural runoff, and waste from nearby settlements. The findings draw from water quality analysis conducted between March 2023 and June 2024 across three lakes on the city's outskirts — Gundur Lake, Yerappanahalli Lake, and Cheemasandra Lake.

Yerappanahalli and Cheemasandra lakes recorded elevated Biochemical Oxygen Demand (BOD) and nitrate concentrations, clearly indicating pollution. The average BOD at Cheemasandra stood at 9.33 mg per litre, while Yerappanahalli Lake, the value was 6.66 mg per litre. At both lakes, the maximum BOD exceeded 20 mg per litre. Experts classify BOD levels between 5.01 and 15.00 mg per litre as moderately polluted, pointing to the presence of significant biodegradable organic matter. This increases oxygen consumption by microorganisms during decomposition and places stress on aquatic systems.

Although these lakes do not yet show severe pollution indicators such as foul odour or fish mortality, experts warn that they remain under environmental stress. Localised pollution sources such as agricultural runoff, domestic sewage, and minor industrial discharge continue to degrade water quality.

Cheemasandra Lake has also emerged as a hotspot of nitrate pollution. The report records average nitrate levels as high as 133.9 mg per litre, far exceeding the permissible limit of 45 mg per litre. The lake is covered with plants and weeds and receives domestic sewage along with effluents from nearby industrial activity, contributing to nutrient pollution.

According to the report, nitrate levels above permissible limits signal nutrient pollution caused mainly by agricultural runoff, untreated sewage, and industrial discharge. High nitrate concentrations can trigger eutrophication, deteriorate water quality, and pose risks to both aquatic ecosystems and human health. Most inorganic nitrogen entering freshwater systems exists as nitrate, typically in low concentrations, originating from sewage, groundwater, and precipitation.

Unchecked sewage, farm runoff, and industrial waste are quietly degrading key water bodies, increasing oxygen stress and nutrient overload, raising concerns over long-term ecological balance and public health risks

"High BOD is due to the influx of organic pollutants from sources like untreated sewage, industrial and agricultural runoff, and waste from nearby settlements. Since agricultural water contains nitrates from fertilisers, they can directly enter the water body, and their presence depends on the activity of nitrifying bacteria in all water bodies," CWC has noted.

As per CWC, Sewage and runoff from agricultural fields sprayed with fertilisers and pesticides can cause inorganic nutrients to leach into the soil, which can negatively impact lake performance and thus encourage the growth of algal blooms in a similar way to the growth of crops.

BM Trippin' Tales

Summer thrill turns fatal as unsafe water visits rise sharply

Ignoring warnings and basic precautions, tourists and youngsters risk lives in rivers and lakes, leading to preventable accidents during summer outings

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Tourists ignore warning signs while clicking selfies or shooting videos, as risky behaviour and carelessness continue to worsen accidents at water bodies

With summer setting in and temperatures soaring, water bodies are drawing children and tourists seeking relief but this seasonal attraction is increasingly turning dangerous. Several accidents have been reported across multiple locations as people enter lakes and streams without understanding the risks involved. Groups of students and youngsters often venture into rivers and reservoirs for recreation, unaware of sudden changes in depth, strong currents, and hidden whirlpools beneath seemingly calm waters. Such negligence has led to multiple fatalities, even during the summer months.

Authorities say carelessness remains a major factor behind these incidents. Tourists, eager to click selfies or shoot videos, frequently ignore warning signs and safety instructions. Risky behaviour, including entering water after consuming alcohol, giving in to peer pressure, or disregarding local advice, has further worsened the situation. Parents have been advised to closely monitor children during summer holidays, as many step out with friends and sometimes visit ponds, streams, or waterfalls without informing elders.

Officials have also urged resort and homestay owners near water bodies to take responsibility by installing warning boards, deploying trained swimmers, and ensuring the availability of safety gear such as life jackets. The fire department continues to conduct awareness drives and mock drills to educate the public on water safety. Authorities have identified several high-risk spots in Kodagu, including Harangi backwaters, Dubare along the Cauvery riverbank, Chelavara and Iruppu waterfalls, Nisargadhama, Barapole river, Kote Abbi falls, and private estate ponds. Officials have increased patrolling in these areas and urged visitors to remain vigilant at all times.

Centre clears Bengaluru Mumbai sleeper Vande Bharat

The Central government has approved the operation of a new Vande Bharat sleeper train service between Bengaluru and Mumbai, responding to a request made by the Union Minister for Consumer Affairs, Food and Public Distribution Pralhad Joshi, an official statement said on Monday. Highlighting the project's significance, Union Minister Joshi said the Centre is prioritising the development of the Kalyana Karnataka region alongside the state's overall growth. He said the new train service will boost commercial activity and improve transportation across Karnataka.

Union Minister Joshi also expressed his gratitude to Prime Minister Narendra Modi and Railway Minister Ashwini Vaishnaw for approving the project. The statement said Joshi had urged Prime Minister Modi and Railway Minister Vaishnaw to introduce a new Vande Bharat train to improve connectivity to North Karnataka, Central Karnataka, and the Kalyana Karnataka regions. — BMB

Heatwave conditions intensify across multiple districts

The summer heat has intensified sharply across Karnataka, with temperatures crossing 40°C in several districts, leaving people distressed. Kalaburagi recorded 41.6°C, while Gadag, Raichur, Vijayapura and Yadgir hovered around 40°C, signalling heatwave-like conditions across the Kalyana Karnataka region. Residents report that intense heat begins as early as 8:30 am and continues well into the evening, disrupting daily routines. Street vendors and daily wage workers remain among the worst affected, as high humidity and relentless sunlight make outdoor work increasingly difficult.

Experts warn that temperatures above 40°C pose serious health risks and advise people, especially the elderly, to avoid unnecessary exposure. Coastal districts have also seen unusual heat, with temperatures touching 34.7°C and likely to rise further. While no heavy rainfall is expected in Dakshina Kannada, Udupi and Kasaragod, thunderstorms may develop after April 15. Meanwhile, parts of Hassan, Kodagu and Mysuru may receive light to moderate rain, and Bengaluru is likely to remain partly cloudy at 36°C. — BMB

Captain Patidar praises team as RCB continues strong run with 18-run victory

'Scoring 200-plus consistently feels like I've a lot of talent in the team'

Royal Challengers Bengaluru skipper Rajat Patidar expressed pride in his team's performances and stated that consistently getting 200-plus feels like there is a lot of talent in the team.

RCB continued their strong run in IPL 2026 with an 18-run victory over Mumbai Indians at the Wankhede Stadium, registering their highest-ever total at the venue.

Riding on a blistering 78 off 36 balls by Phil Salt, who was named Player of the Match, and a captain's knock of 53 off 20 balls by Rajat Patidar, RCB posted a formidable total on Sunday. With the ball, Krunal Pandya (1/26) and Suyash Sharma (2-47) played key roles in restricting Mumbai's chase.

Reflecting on the team's consistent batting performances, skipper Patidar said, "Looking at the moment, it feels like we are scoring 200-plus in every match. It gives me a lot of confidence and as a captain, I feel like I have a lot of talent in the team."

Patidar, who also recorded the fastest fifty by a captain in the tournament's history with a 17-ball half-century, elaborated on his batting approach:

"I don't really think too much about how I want to play. I try to react to the ball and stay clear about what I want to do, which shot I want to hit, which bowler I want to target. Even in the dugout, I try to read where the scoring opportunities are," he said.

Praising the batting unit for laying a solid foundation, spinner Krunal Pandya said, "Every game you have to earn that win. The way everyone is batting, Virat, Salty, Tim, everyone has contributed. I'm especially happy for Salty, the way he counter-attacked in the powerplay. That set us up really well,"

From left, Royal Challengers Bengaluru's Virat Kohli, Jacob Bethell, captain Rajat Patidar and Abhinandan Singh celebrate after winning the match

Highlighting the captain's impact, he added, "The way Rajat has batted in all four innings, the consistency and clarity, it's been unbelievable. The captain is leading from the front and I hope he continues."

Krunal also credited the support staff for the team's batting success saying, "A lot of credit goes to DK, the mastermind as well. He has worked really hard with individuals to get the best out of them. He will be the happiest seeing the way we are batting"

Assessing the bowling effort under challenging conditions, Patidar said, "Even with 200 on the board, there is always pressure with dew and conditions. I thought Bhuvi bhai and Jacob started very well and executed the plan."

The RCB skipper identified Rasikh Salam's spell as a key turning point. "The turning point for me was Rasik. The way he planned, the slower balls, the yorkers, it gave me confidence. After his first over, I felt he could change the game"

Patidar reserved special praise for Krunal Pandya's bowling. "K.P. is the most courageous bowler I have ever seen. He has so many skills. He keeps the batsman in doubt about the next ball. This is his strength. He bowls with a lot of confidence. He is not afraid to do anything."

RCB head coach Malolan Rangarajan lauded Rasikh's resilience in his first appearance of the season.

"He's a guy who we know has got a lot of character and shows a lot of resilience. Everybody could see that he was cramping in both legs, but he's still competing and doing the best for the team. That's what Rasik is. A pocket dynamite, a fighter and a competitor," he said.

Reflecting on the win at a familiar venue, Krunal said, "I know the conditions really well. Wankhede and Chinnaswamy are two of my favourite grounds. This is one of my favourite grounds, so I always look forward to coming and playing over here. But for me, W matters a lot at the end of the day. I am glad that I was able to perform in a game where we won."

Looking ahead, Patidar expressed excitement about returning to their home ground stating, "Very much excited to go back to Chinnaswamy and play with our 12-man army."

—IANS

RCB star Tim David fined 25% of match fee, handed one demerit point

Royal Challengers Bengaluru (RCB) batter Tim David has been fined 25 per cent of his match fee and handed one demerit point for violation of the Indian Premier League (IPL) Code of Conduct during the marquee clash against five-time champions Mumbai Indians (MI).

A statement from IPL said, "Tim David, Batter, Royal Challengers Bengaluru (RCB), has been fined 25% of his match fee and has also accumulated one Demerit Point for breaching Level 1 of the IPL's Code of Conduct for Players and Team Officials during Match No. 20 against Mumbai Indians (MI)."

David was found to have breached Article 2.4 of the IPL's Code of Conduct, which relates to "disobeying an umpire's instruction during a match." The first incident occurred when the umpires changed the ball during the 18th over (17.2) of RCB's batting innings. He wanted to have a look at the ball and did not hand it over despite being repeatedly asked to do so, as per the statement.

The second incident occurred during the 20th over (19.2), when he again did not hand over the ball to the umpires, amounting to repeated failure to comply with the instructions or directives of the umpires.

David admitted to the offence and accepted the Match Referee's sanction.

Also, MI skipper Hardik Pandya has been fined for a slow over-rate.

"Hardik Pandya, Captain, MI, has been fined for maintaining a slow over-rate. As this was his team's first offence of the season under Article 2.22 of the IPL's Code of Conduct, he has been fined Rs 12 lakhs," the statement concluded.

—ANI

Rajasthan crumbles as Kishan's 91, Hinge's fiery attack power Hyderabad

Rajasthan Royals lost wickets in quick succession during their chase set at 216 by Sunrisers Hyderabad at their match in Hyderabad on Monday. Praful Hinge's dream spell helped him pick up his fourth wicket and dismantle Rajasthan's top order. Some semblance of a counter attack only came when Donovan Ferreira took on Hinge despite his earlier dominance. Along with Ravindra Jadeja, he tried to build up some runs to keep Rajasthan alive for a bit.

Earlier it was a fiery 91 by Ishan Kishan and cameos from Heinrich Klaasen and Nitish Kumar Reddy that helped Sunrisers Hyderabad (SRH) reach 216/6 in 20 overs.

Being put to bat first, SRH was off to a nightmarish start, as Abhishek Sharma once again fell for a golden duck while going big against a Jofra Archer short delivery.

Sunrisers Hyderabad's Praful Hinge, second right, celebrates the wicket of Rajasthan Royals' captain Riyan Parag

Skipper Ishan Kishan and Travis Head put pressure back on Jofra, as Ishan hit him for two sixes and a four in the third over. SRH continued to collect fours and sixes against pacers in the powerplay against Jofra Archer, Sandeep Sharma and Nandre Burger, bringing up the 50-run mark in 5.5 overs.

SRH ended their powerplay at 51/1 in six overs, with Head (16*) and Ishan (35*) unbeaten.

Head's inconsistent run in the competition continued, losing his shape against Riyan Parag and handing a catch to Donovan Ferreira at long-on, dismissed for a run-a-ball 18. SRH was 55/2 in 6.5 overs.

Today's battle
Chennai Super Kings
VS
Kolkata Knight Riders
7.30 PM Chennai

Ishan and Heinrich Klaasen continued to collect runs undeterred, hitting a six each against Ravi Bishnoi in the 10th over, taking SRH to 89/2 in 10 overs, with Kishan (56*) and Klaasen (14*) unbeaten. Ishan reached his second fifty of the season in 30 balls, with two fours and five sixes.

—Agencies

Crime or carelessness?

CONTINUED FROM PAGE 1

Police officials said that over the past three months, a total of 13,912 devices have been reported on the CEIR portal in Bengaluru. While the use of digital tools like CEIR has helped improve the tracking and recovery of blocked devices, the overall recovery rate during this period stands at 27.2%.

Legal experts have raised concerns about inconsistencies in how such cases are being recorded. The large number of phones reported as "lost" also raises questions about how many were genuinely misplaced by individuals and how many were actually stolen whether snatched, taken from bags, picked in crowded buses, or lifted from pockets in other situations.

Speaking to Pradeep Kumar PK, advocate at Pradeep Kumar PK & Associates law firm, the practice of registering theft cases as lost property often termed as 'missing' or 'misplaced' is a known issue aimed at reducing official crime statistics. "This approach bypasses the mandatory registration of an FIR for cognizable offences, thereby limiting the scope of legal investigation," he said.

Another lawyer, Kishore, explained, "The nature of the complaint is important. If a person is injured or hurt and the phone is taken, it is registered as a robbery. However, if the phone is simply stolen without such circumstances, it is often recorded as a lost complaint."

BM also spoke to another victim, who works as an assistant engineer (maintenance). He said that his mobile phone was forcibly snatched from his shirt pocket by two individuals on a two-wheeler around 3.30 am near Junction Road and Bamboo Bazaar Road. However, when asked whether an FIR was registered, he said no, adding that the IMEI number was blocked on the CEIR portal and the case was recorded as a lost complaint.

Kumar explained that police often persuade people to file a lost complaint instead of a theft FIR, especially in cases involving mobile phones or wallets. "This is because lost complaints usually do not lead to a proper investigation. If more theft FIRs are registered, it increases the crime rate of a police station, which may reflect poorly on their performance. On the other hand, a "lost" complaint is treated as a minor issue and does not require much effort. Registering an FIR means the police must carry out a full investigation, prepare reports, and follow up on the case, which can be time-consuming for an already busy and understaffed force. As a result, many officers tend to treat such cases as small or petty and avoid putting in extensive resources," he said.

Another such victim, who had lost their phone during a concert said it was only after seeking legal help that the correct process was followed.

"It was only after my lawyer informed me that a lost report implies a misplaced item that I returned to the police station and insisted on registering an FIR."

Kumar said it is important for complainants to be aware that if petty crimes are recorded as lost reports, it may hide the actual crime situation. He explained that FIRs serve as crucial data reflecting the policing standards of the state, and discouraging them amounts to masking failures. He also added that when cases are not properly registered, even if the accused is later traced, lack of proper evidence can weaken the case, reducing chances of conviction and allowing offenders to re-enter society and repeat such crimes.

City Police Commissioner Seemant Kumar Singh clarified that a "lost" complaint should be filed only when a person has genuinely misplaced an item. If a phone is snatched, it must be treated as a robbery.

He also stressed that the nature of the complaint depends on how the incident is reported by the complainant, and assured that if any such cases brought to their notice will be verified and action will be taken against erring officials.

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personal

CHANGE OF NAME

I, Seemesh Patel, announce that my Son name has been changed from Shivansh Patel (DOB: 14-Nov-2022, Bangalore) to Harshvardhan Patel.

I, SUJAYALAKSHMI DAINE SRINIVASA R/o. 46, New No.39, 2nd Main Road, Near A P S College, N R Colony, Bengaluru- 560019 have changed my name to SUJAYALAKSHMI vide Affidavit dt. 11.04.2026 sworn before notary Mr. C Srinivas Bengaluru.

I, RATNAKARAM ANIL KUMAR, S/o RATNAKARAM SREEKUMAR, R/O 15/1042-5, Endla Kondaiah Street, Tadipatri, Ananthapuramu, Andhra Pradesh - 515411.I have changed my name to AHIL AHMED vide affidavit dated: 04/04/2026 Before Notary C. SHARADA Bangalore.

I, AYESHA W/o. Mohammed Ameenuddin R/a #107, 5th cross, P&T colony, Venkatesh puram, Arabic college post, Bengaluru-560045 have changed my name to BALQEES vide affidavit dated 11.4.2026 before notary M. Rajendra, Bangalore

I K.H.Sumantha, S/o Huchegowda.K.S, R/o No.24, Bhyraveshwara Nilaya, Nagaruru Road, Arasinakunte, Near BGS World School, Nagaruru, Bengaluru- 562123, Have changed my name to Sumanth.K.H vide Affidavit dated 8/4/2026 Henceforth, I shall be known Sumanth.K.H for all Purposes Notary A.C Subbu Swamy Bangalore

I, Hemanth Gangaraj, S/o Gangaraj R/o No 33, Building No 242 Patel Residency Water Rd, B G Road Bilekahalli, Bengaluru -560076 have changed my name to Hemanth for all purposes

I, Pritam Alawane, C/o. Sandeep Ramalingaiah, residing at No.464, Rajatadri, 1st cross, 9th Main, Uttarahalli main Road, opp to Mantri Alpyne, Banashankari 5th stage, Bengaluru 560061, I have changed my name to PRITAM BHAIRU ALAWANE from PRITAM ALAWANE vide affidavit dated: 10/04/2026 Before Notary K V Prema Kumari.

Bennett & Coleman
THE TIMES OF INDIA

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tender & notices

PUBLIC NOTICE

PUBLIC NOTICE

My client intends to enter into Joint Development Agreement with respect to the property mentioned in the Schedule here below from its owner; **Smt. Kusuma Cunningham**, wife of Shri. Peter Cunningham. The Owner represent that she is the absolute owner of the Schedule Property and she has a good marketable, right, title and interest therein and that apart from her there are no other person/s having any right or claim over the Schedule Property. The Owner further represents that, she has not entered into any Agreements/MoU with any third party and that she has not mortgaged or created any right, interest, lien or encumbered the Schedule Property or any part thereof in any manner with any person/s. Any person/s having objection/s or claims, shall with documentary evidence lodge their objection/s or claims within **Fifteen (15)** days from the date of this Notice with the Undersigned, failing which, my client shall proceed with the above-mentioned transaction.

Schedule

All that piece and parcel of the property bearing **Site No.589, E-Khatha No. 1457185629, BBMP PID No. 57-158-589** together with a building constructed thereon, situated at **10th Cross Road, III Phase, J. P. Nagar** (earlier known as Sarakki III Phase Layout), Bengaluru, measuring **East to West 18.29 meters** and **North to South 27.43 meters**, measuring in total **501.69 square meters** equivalent to **5,400.15 Square feet** and the land is bounded on the: East by: Property bearing Site No. 588; West by: Property bearing Site No. 590; North by: Road; and South bearing Site No. 604.

Place: Bengaluru Date: 13/04/2026

Sd/- Jayanth M Pattanshetti,
Sushanth J Pattanshetti, Advocates,
Jayanth Pattanshetti Associates LLP,
102, Ground Floor,
"Rams Infantry Manor", No. 70,
Infantry Road, Bengaluru–560001.
Ph. 25593195/9980530355

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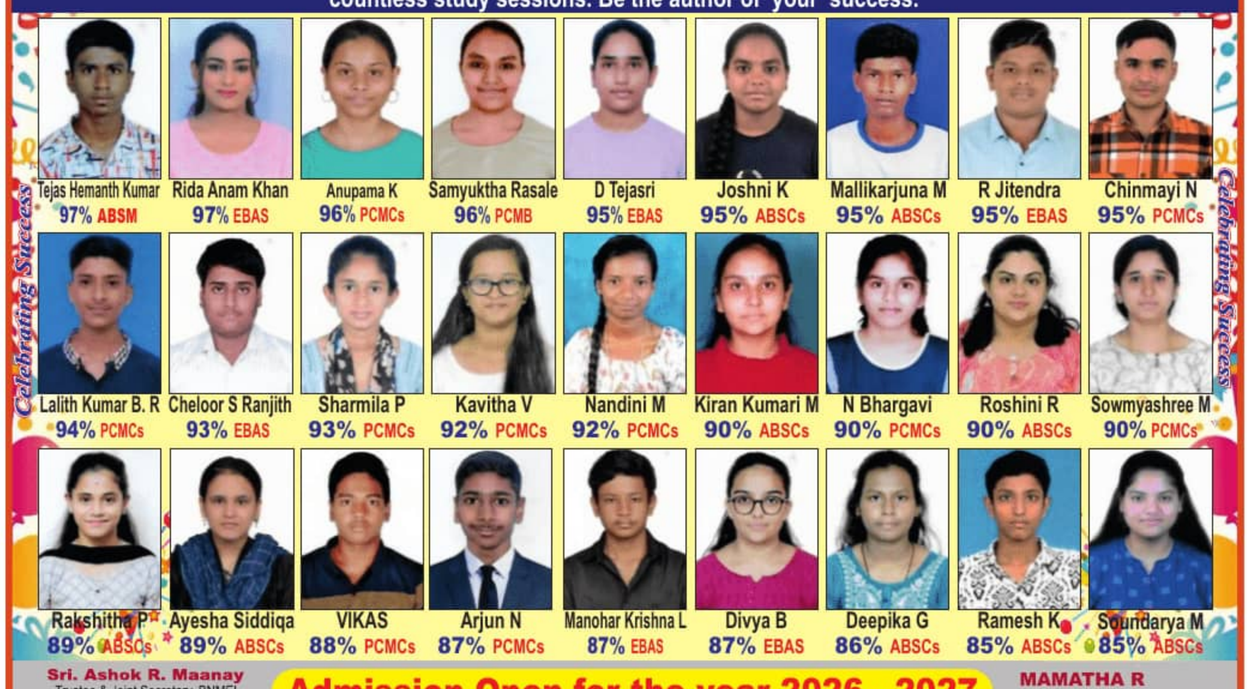
The Management, Principal and the staff of BNM PU College Congratulate the following students on their excellent performance in the PU Board Examination of 2026. Remember, Behind every high achiever is a story of hard work and countless study sessions. Be the author of your success.


Tejas Hemanth Kumar 97% ABSM
Rida Anam Khan 97% EBAS
Anupama K 96% PCMCs
Samyuktha Rasale 96% PCMB
D Tejasri 95% EBAS
Joshni K 95% ABSCs
Mallikarjuna M 95% ABSCs
R Jitendra 95% EBAS
Chinmayi N 95% PCMCs
Lalith Kumar B. R 94% PCMCs
Cheloor S Ranjith 93% EBAS
Sharmila P 93% PCMCs
Kavitha V 92% PCMCs
Nandini M 92% PCMCs
Kiran Kumari M 90% ABSCs
N Bhargavi 90% PCMCs
Roshini R 90% ABSCs
Sowmyashree M 90% PCMCs
Rakshitha P 89% ABSCs
Ayesha Siddiqa 89% ABSCs
VIKAS 88% PCMCs
Arjun N 87% PCMCs
Manohar Krishna L 87% EBAS
Divya B 87% EBAS
Deepika G 86% ABSCs
Ramesh K 85% ABSCs
Souridarya M 85% ABSCs

Sri. Ashok R. Maanay
Trustee & Joint Secretary, BNMEI
Vice - President, Governing Council,
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Admission Open for the year 2026 - 2027

MAMATHA R
Principal
BNM PU COLLEGE

Chunk of expenditure handled by agencies not accountable to public

CONTINUED FROM PAGE 1

between taxpayers and decision-makers.

This becomes evident during everyday issues. "When water supply is disrupted, roads deteriorate, or transport fares increase, there is no clear line of accountability. Citizens may approach these agencies, but there is no legal obligation for them to respond or disclose details," claimed the report.

Unlike private companies that are mandated to publish audited financial statements and quarterly reports, public authorities in Bengaluru managing thousands of crores face no comparable requirement. The report finds that only BBMP and BDA perform relatively well in transparency, scoring 80% and 87% respectively. Even this is considered insufficient given BBMP's role as the primary civic body.

Several key agencies including BMRCL, BMTC, BESCOM, and K-RIDE fall in the mid-range with partial disclosures between 53% and 67%. However, the majority perform poorly. BWSSB scores just 20%, while agencies like BMRDA, and KRDCL record as low as 13%. At the extreme end, bodies such as BSWML and Bengaluru Smart Infrastructure Limited (B-SMILE) show zero disclosure. Notably, B-SMILE, which has been allocated over ₹3,200 crore in the 2026–27 budget, does not even maintain a functional website, the report added.

Legal loopholes

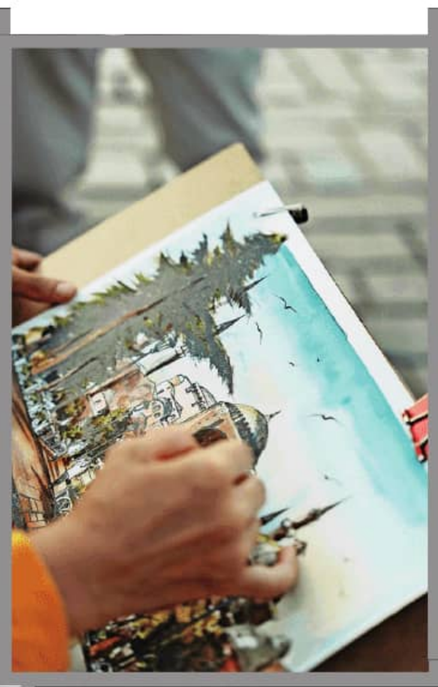
While municipal corporations are required under the Greater Bengaluru Authority (GBA) Act, 2024 to publish budgets, financial statements, and performance indicators, most parastatals are not bound by similar rules. The report pointed out that only three out of 12 such agencies are mandated under their respective laws to disclose financial information.

"This creates a situation where bodies handling 80% of public funds operate with minimal scrutiny, unlike at the state or central level where budgets are audited and placed in the public domain. Even as Bengaluru has been split into five corporations to improve governance, most parastatals have not published their budgets for 2026–27," the report added.

The report calls for urgent reforms, including bringing all public authorities under a common transparency framework, creating a city-level public expenditure dashboard, and publishing real-time project and spending data. It also recommends linking expenditure with service outcomes such as water supply, road quality, and waste management efficiency.

Kavitha N, a citizen, commented on the findings of the report. "The irony is that while rural India has adopted digital platforms like eGram Swaraj to ensure transparency in local governance, Bengaluru continues to lag behind. Without transparency, there is no accountability, and without accountability, the promise of better urban governance remains incomplete," she said.

Finding focus through flow



Hobbies, sport and creativity unlock focus, calm and peak performance

We live in what has been called the "distraction economy": an environment full of triggers that are engineered to demand our attention at every turn.

The result is often fragmented attention, loss of focus and sometimes even increased rumination and anxiety.

Becoming fully absorbed in an activity is rare. Think of a time a film was so engrossing that you didn't reach for your phone – the film-watching experience was no doubt the better for it. You can actively seek out this experience, which is known as "flow".

Hobbies are a great way to find a flow state and make outside distractions – work emails, unread messages, breaking news and chores – disappear.

The concept of flow was developed by Hungarian-American psychologist Mihaly Csikszentmihalyi. In his seminal 1990 book on the topic, he describes flow as: "A state in which people are so involved in an activity that nothing else seems to matter; the experience is so enjoyable that people will continue to do it even at great cost, for the sheer sake of doing it."

Reviews of neuroscientific evidence show that being in a flow state reduces mind-wandering by suppressing brain activity in the so-called default mode network. This set of brain regions covers much of the self-referential processing we do, including our inner critic. Being able to "go with the flow" is thus directly related to not having such reflective or ruminative thoughts. The reduction of mind-wandering brain activation means there can be more efficient activation of attention networks.

During a simulated car-racing task, researchers showed that objective mental effort and gaze focus were highest during flow conditions, even though participants reported the experience as more effortless. Flow doesn't mean less attention – it means that attention is so efficiently allocated to the task that self-monitoring and distraction fall away.

However, flow is not the same as "hyperfocus". In fact, they can be negatively correlated.

In a study with 85 college students with and without attention deficit hyperactivity disorder (ADHD), students with clinically significant ADHD symptoms reported higher hyperfocus, but lower flow on many measures.

The key difference seems to lie in control: flow is directed and intentional, whereas hyperfocus tends to happen to you. But that raw capacity for absorption may be an asset – with the right conditions, such as clear goals and a well-matched challenge, it could be channelled into genuine flow.

How to find your flow

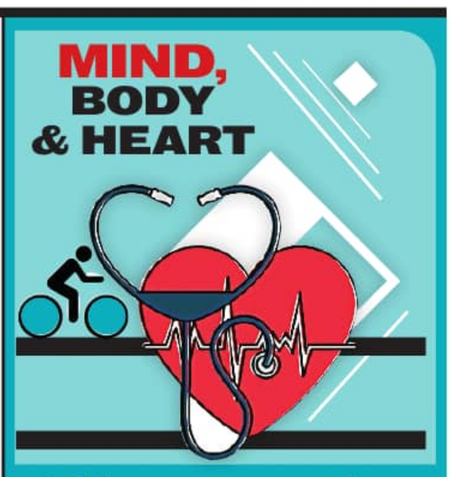
Hobbies are a great mechanism for finding a flow state. Sport has been extensively researched as a flow-inducing activity. In a study of 188 junior tennis players, concentration on the task and a sense of control were the two aspects of flow that most strongly predicted whether a player won or lost their match.

However, it is not just about winning. A study with 413 young athletes aged 12–16 found that participants who were focused on effort and improvement, rather than winning, reported more flow. Music is another rich domain for flow. In a survey of daily practice, 35 music students aged 12–18 indicated that concentration, emotion and clear goals were central to achieving flow. Eighty per cent of the teenagers reported that being able to choose their own repertoire was a highly significant motivational factor.

Another study found that the balance between the challenge of a musical passage and the musician's perceived skill consistently predicted the flow experience. Flow might also buffer against performance anxiety: when 27 student musicians were tracked over the course of a semester, it was found that when flow was at its highest, performance anxiety was at its lowest, and vice versa.

Games and theatre can also trigger flow. Tabletop games boost social connection, while video games create deep immersion. Acting builds focus through practised skill. Finding flow in hobbies helps reduce distractions and mental clutter.

(By Valerie van Mulukom, Visiting Lecturer in Psychology, Coventry University, The Conversation)



All you need to know about...

Vital vaccines

Most health discussions focus on diet and exercise, but vaccines are often overlooked.

For women, immunisation remains vital into adulthood, supporting reproductive health, safer pregnancies and overall wellbeing.

Here's a look at the key vaccines every woman should know about and why they matter.

1. HPV vaccine
For: Protection against cervical cancer
The HPV vaccine protects against high-risk strains that can cause cervical cancer. It is most effective when taken early but can still offer benefits later, based on medical advice.
Dosage: Recommended for women up to 45 years.

2. Flu vaccine
For: Protection against influenza
An annual flu shot helps reduce the risk and severity of influenza, particularly for pregnant women or those with weaker immunity or existing health conditions.
Dosage: Once every year.

3. Tdap vaccine
For: Protection against tetanus, diphtheria, and whooping cough
Immunity from childhood vaccines can fade over time. Booster doses help maintain protection and are especially important during pregnancy to protect both mother and baby.
Dosage: Booster every 10 years.

4. Vaccines during pregnancy
For: A safer pregnancy
Vaccines such as Tdap and flu help reduce the risk of infection and pass protective antibodies to the baby.
Dosage: As advised by a gynaecologist.

5. Shingles vaccine
For: Protection against shingles and nerve complications
Shingles can cause painful rashes and long-term nerve pain. Vaccination helps prevent severe outcomes.
Dosage: Recommended for adults aged 50+.

—Femina

MIRRORLIGHTS

Allogene's off-the-shelf therapy shows strong early cancer-fighting results

Allogene Therapeutics said on Monday that interim data from a mid-stage study showed its experimental off-the-shelf CAR-T therapy, cema-cel, reduced the risk of cancer relapse in patients with blood cancer.

The company is testing the therapy in 24 patients who still had detectable cancer cells after an initial round of standard treatment. Interim results showed that 58.3%, or seven of 12 patients, who received cema-cel had no detectable cancer cells on highly sensitive tests, compared with 16.7%, or two of 12 patients, in the observation group.

Allogene set a benchmark of roughly 30 percentage points for success, and said the interim results support the therapy's potential as a novel strategy for treating high-risk patients at the end of first-line treatment.

The therapy uses white blood cells, specifically T-cells, from healthy donors. These cells are re-engineered to target and destroy cancer cells. Unlike approved CAR-T therapies, which use a patient's own cells and require weeks for collection, modification and reinfusion, cema-cel uses donor cells and is pre-manufactured for faster treatment.

The therapy was well tolerated, with no serious adverse events reported. The ongoing mid-stage trial is expected to enrol around 220 patients and conclude by the end of 2027. —Reuters

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@BangaloreMirror

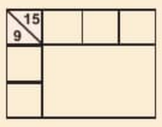
SOLVE IT IN A MINUTE

$x^3+84x = 16x^2 + 144$

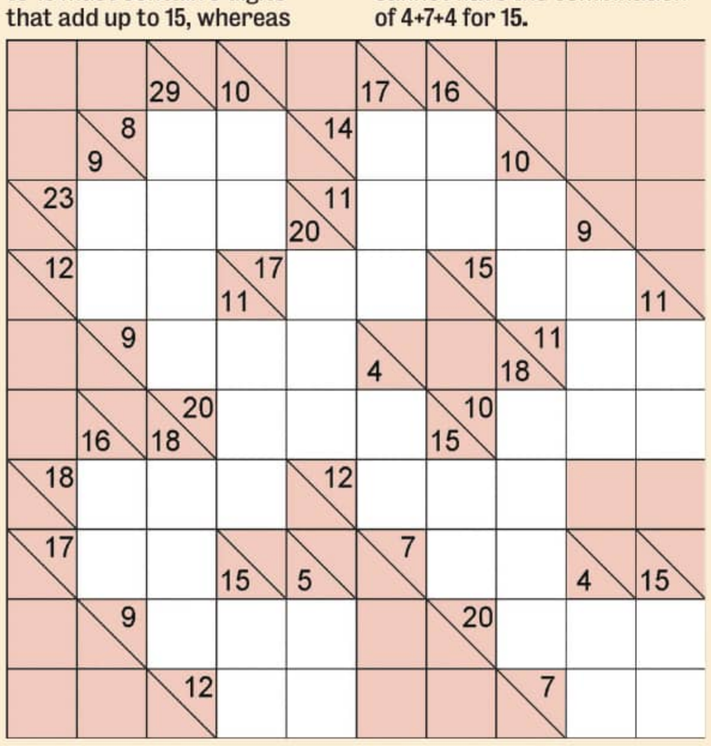
$x=?$

Kakuro

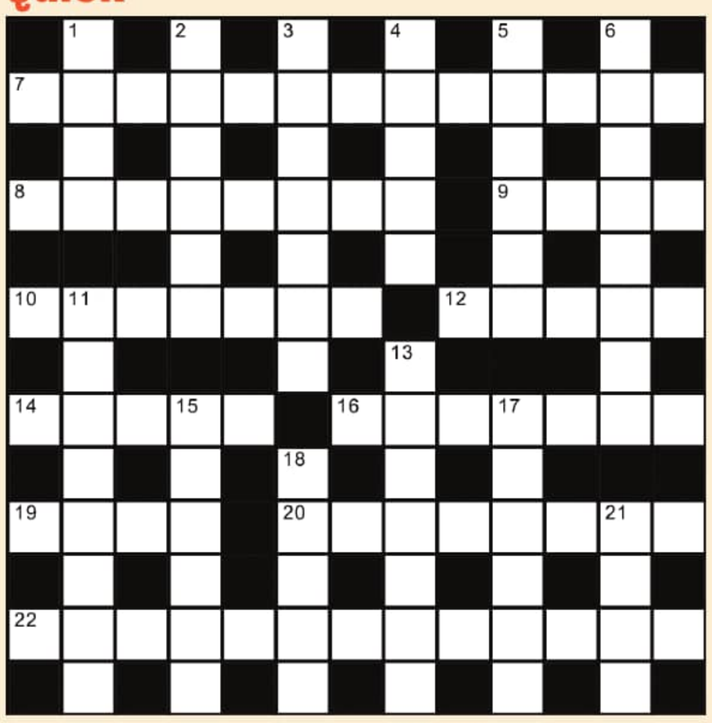
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Cosmopolitan (13)
8 First showing of play or film (8)
9 Headwear; caps (4)
10 Limited or confined? (7)
12 Moving (5)
14 Manage but not very successfully? (3,2)
16 Cried like a sheep? (7)
19 Christmas (4)
20 Tornados or typhoons (8)
22 Trustworthiness; reliability (13)

DOWN

1 Feline sound (4)
2 Plant part (6)
3 Hatches a plot (7)
4 Adhesive pastes (5)
5 Hurries (6)
6 Occurring intermittently (4-4)
11 Twelve, to be precise? (3,5)
13 Inert pill (7)
15 Charged (6)
17 Hospital on Bannerghatta Road (6)
18 Ascorbic and citric (5)
21 Italian noble family (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS U

WMGMGSMW, IK GFBBMW QPMWM LKA NK, BPMWM LKA FWM.

Linemaro

I feel our smiles should touch

Mindchow

Our life is what our thoughts make it. A man will find that as he alters his thoughts toward things and other people, things and other people will alter towards him

Joke of the day

A man's desire for a son is usually nothing but the wish to duplicate himself in order that such a remarkable pattern may not be lost to the world

Loop

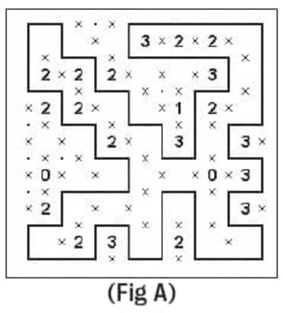
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

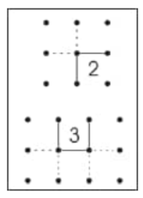
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

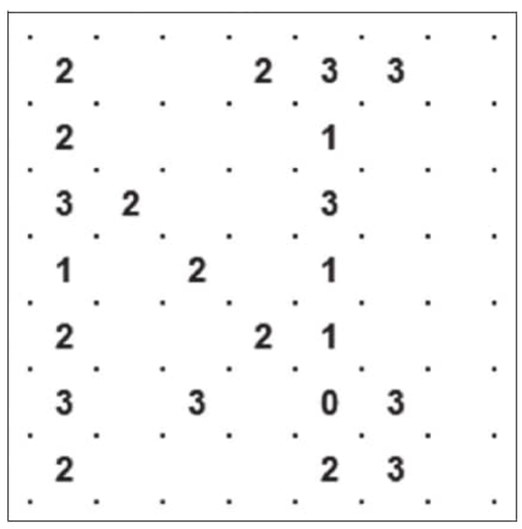
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



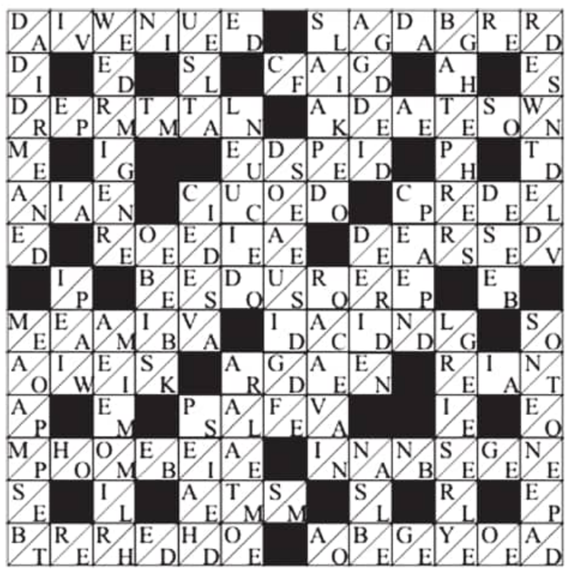
(Fig A)



(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3 V	4	5
6				
7				
8				
9				

ACROSS

1 Vac as; 6 I mica; 7 Err me; 8 Ranet; 9 Busts

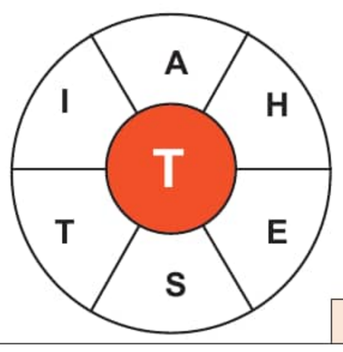
DOWN

1 As Mac; 2 Manet; 3 IV rut; 4 Caber; 5 Rises

Mensapuzzle

Fill in the missing letter.

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

11 Average; 13 Good; 15 Outstanding

SudokuChallenge

			3		7			
7	9						5	1
		1				8		
8		7	6		4	5		3
			8		2			
6		4	5		1	9		7
		8				2		
3	7						4	8
			4		9			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 6

1 8 7 6

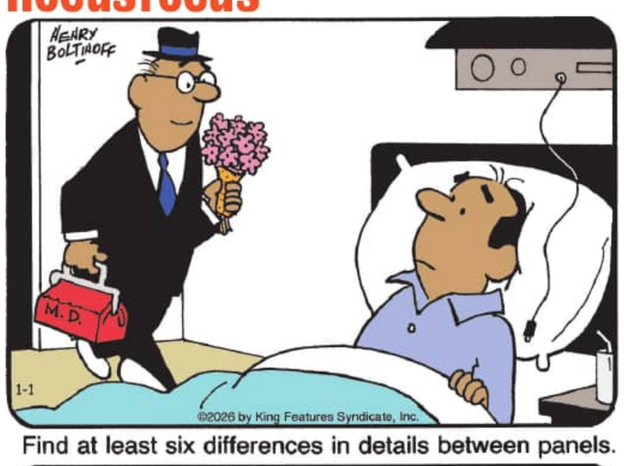
Medium = 24

3 6 6 1

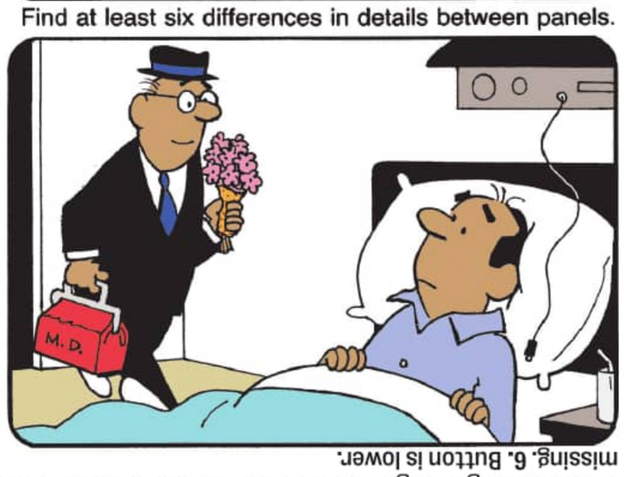
Hard = 43

5 7 9 9

Hocusfocus



Find at least six differences in details between panels.



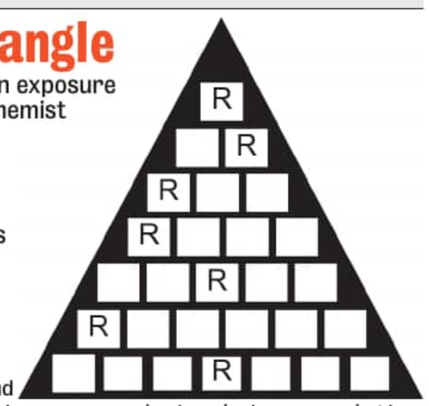
Differences: 1. Hat is larger. 2. Hand is showing, 3. Medical bag is larger. 4. Pillow is different. 5. Flowers are missing. 6. Button is lower.

Riddler

A kind and giving matron Set 'twixt love and war.
Generous with her bounty Sharing with her store.
Mother inescapable, As all her children learn;
Regardless of their wandering, To her they all return. Who or what is she?

Alpha triangle

1 A unit of radiation exposure
2 Iridium for the chemist
3 Remove
4 Sudden attack
5 Hung out to dry
6 Reared
7 Personal journals

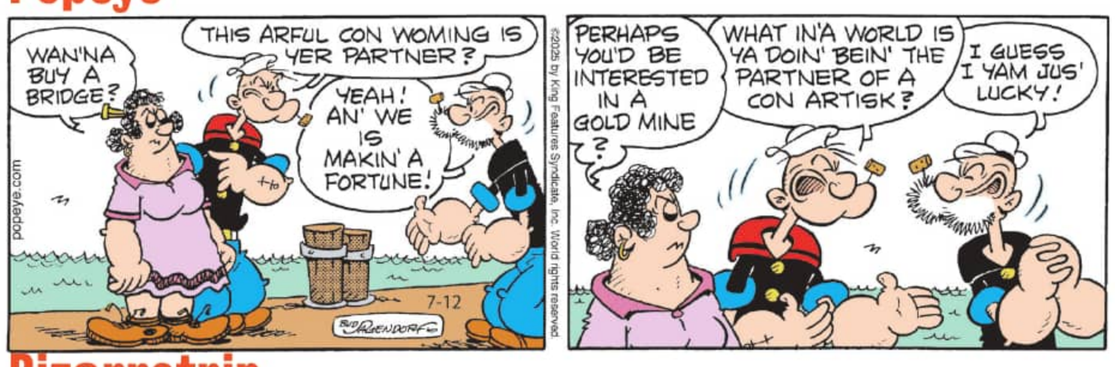


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


WAN'NA BUY A BRIDGE?
THIS ARFUL CON WOMING IS YER PARTNER?
YEAH! AN' WE IS MAKIN' A FORTUNE!
7-12
PERHAPS YOU'D BE INTERESTED IN A GOLD MINE?
WHAT IN'A WORLD IS YA DOIN' BEIN' THE PARTNER OF A CON ARTISK?
I GUESS I YAM JUS' LUCKY!
popeye.com
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Bizarrotrip

I listen to your problems, but I'm not a therapist, so we don't accept insurance. Consider your tab an out-of-pocket expense.
Dist. by King Features
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BIZARRO.COM

Diamond Lil

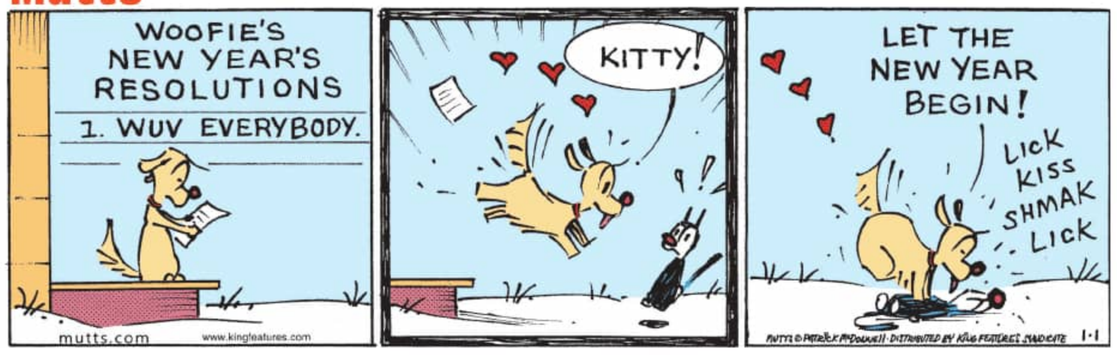
Hart of the city

I GOT SO MANY PEOPLE TO COME TO DEAN'S BIRTHDAY PARTY.
YOU'D BE SURPRISED HOW MANY KIDS CAN CLEAR THEIR SCHEDULES WITH 24-HOUR NOTICE FOR CAKE.
HEART OF THE CITY © 2026 ANDREWS MCMEEL
SOUNDS LIKE THE WHOLE SCHOOL WILL BE HERE! I LOVE PLANNING PARTIES.
I DON'T THINK THIS HOUSE CAN HANDLE 300 CHILDREN.
WE'RE BARELY HANDLING ONE.
@OCOMICS.COM/HEARTOFTHECITY

Crankshaft

I THINK DAD WAS REALLY PLEASED TO GET THAT HELMET FROM THE BLUE BOMBERS!
I'LL SAY.
1-1
ZZZZZ
© 2026 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication
BATIUK & DAVIS

Mutts



WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Today marks your personal new year filled with motivation, balance, and opportunity. Travel expands your horizons, especially through career conversations or collaborations. Love grows stronger through empathy, laughter, and honesty. Finances stabilize when careful planning meets courage. At home, harmony builds through shared meals, stories, and quiet support. Celebrate fully, then welcome the journeys, friendships, and ideas arriving soon ahead.

Aries Mar 21 – Apr 20

You may feel pressured to do something that doesn't interest you, Aries. Remember you control your choices. Stand firm about your preferences and avoid agreeing to activities that truly don't excite you.

Leo Jul 24 – Aug 23

Expect a busy and active day, Leo. Prioritise your health by exercising, eating well, and avoiding unhealthy habits. Staying alert and energized will help you maintain productivity and balance throughout the day.

Sagittarius Nov 23 – Dec 22

Today feels cheerful and uplifting, Sagittarius. Keep this positive energy alive by exploring activities beyond your usual routine. Trying something new with a close friend could bring unexpected joy.

Taurus Apr 21 – May 20

Today shines brightly for you, Taurus. Your charm and confidence attract attention easily. If you're hoping to impress someone, this is the perfect moment, as circumstances seem to align in your favour.

Virgo Aug 24 – Sep 23

Positive news from someone dear may arrive today, Virgo. Maintain patience and optimism while waiting. When the moment comes, celebrate wholeheartedly and enjoy the calm happiness it brings.

Capricorn Dec 23 – Jan 20

Your mind feels full today, Capricorn. Meditation or quiet reflection may help calm your thoughts. Taking a short break from daily stress can restore the inner peace you've been missing.

Gemini May 21 – Jun 21

If you've been waiting for love or attention, Gemini, today encourages action. Express your feelings honestly or invite someone closer. Your playful charm is strong and draws people naturally toward you.

Libra Sep 24 – Oct 22

Your positive energy shines strongly today, Libra. Others feel drawn toward your uplifting presence and enthusiasm. You may find yourself surrounded by friends, enjoying attention and sharing your vibrant mood.

Aquarius Jan 21 – Feb 19

You may feel slightly unwell today, Aquarius, but the discomfort should pass quickly. Stay hydrated, eat nourishing meals, and remain active to restore energy and maintain a balanced mindset.

Cancer Jun 22 – July 23

Romance and luck surround you today, Cancer. Your charm feels especially powerful, attracting admiration from others. If you've been waiting for someone special, today could bring meaningful romantic possibilities.

Scorpio Oct 23 – Nov 22

Stress may be catching up with you, Scorpio. Consider stepping away from responsibilities for a while. Spending quiet time alone or travelling somewhere peaceful can restore your clarity and emotional balance.

Pisces Feb 20 – Mar 20

You may overthink situations today, Pisces. Instead of cancelling plans, follow through with them. Moving forward confidently will help dissolve doubts and provide the clarity you've been seeking.

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SOLUTIONS

SOLVE IN 1M

$x^3-16x^2+84x-144=0$
$x^3-4x^2-12x^2+48x+36x-144=0$
$x^2(x-4)-12x(x-4)+36(x-4)=0$
$(x-4)(x^2-12x+36)=0$
$(x-4)(x-6)^2=0$
So the solutions are "4 & 6"

STRIKE OUT

QUICK

MENSA PUZZLE

W, In each circle add the numerical values of the upper two letters to give the numerical value of the bottom letter.

BULL'S EYE

ATHEIST, east, haste, hate, heat, heist, sate, seat, site, state, taste, test, that, theta, tithe

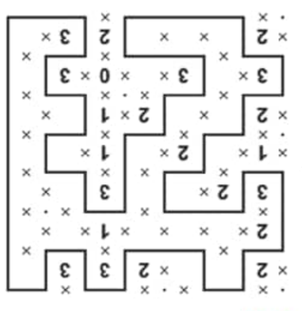
SUDOKU

2	8	5	3	1	7	4	9	6
7	9	6	2	4	8	3	5	1
4	3	1	9	5	6	8	7	2
8	1	7	6	9	4	5	2	3
9	5	3	8	7	2	1	6	4
6	2	4	5	3	1	9	8	7
5	4	8	7	6	3	2	1	9
3	7	9	1	2	5	6	4	8
1	6	2	4	8	9	7	3	5

ALPHA TRIANGLE

R, Ir, Rid, Raid, Aired, Raised, Diaries.

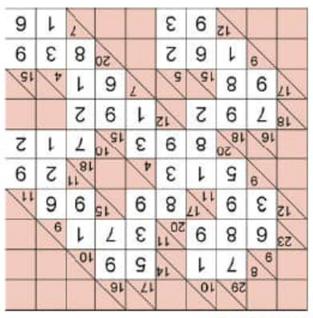
LOOP



GO FIGURE

Easy
7 – 8 + 1 + 6 = 6
Medium
3 x 6 + 6 x 1 = 24
Hard
9 – 5 x 9 + 7 = 43

KAKURO



RIDDLER

Earth

QUOTE UNCODE

Remember, no matter where you go, there you are.

FAST FIVE

C	A	V	A	S
A	M	I	C	I
M	E	R	E	R
A	N	T	R	E
S	T	U	B	S

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

'Father' on track

The dubbing for the Kannada movie Father, starring veteran actor Prakash Raj and Darling Krishna, has been completed. Prakash Raj recently dubbed his voice at his studio in Srirangapatna, while Darling Krishna, boosted by the success of Love Mocktail 3, is set to join promotional activities for the film.

In Father, Prakash Raj and Darling Krishna portray a father and son. The teaser, unveiled by Kichcha Sudeep, along with the film's first look, has already gained popularity among moviegoers.

Producer R Chandru praised veteran actor Prakash Raj's dedication,

calling him the most workaholic actor he has ever encountered. "All these years, Dr Shiva Rajkumar and Real Star Upendra have been known as workaholics. I met Prakash Raj on the sets. I had a different opinion due to rumours about Prakash Raj before meeting him, but I changed my opinion after meeting such a gregarious and workaholic actor. I am of the opinion that actors will cooperate and work during the filming based on how the producer and director treat them. Prakash Raj provided good ambiance on the sets, can ensure the shooting, which is scheduled for eight hours, in four hours. It all depends on how we utilise Prakash Raj's experience and talent," Chandru said.

If all goes well, the Kannada movie Father may hit theatres in July. Amrutha Iyengar stars opposite Darling Krishna in the film, which highlights the bond between father and son.

Tribute to Pulakeshi II

Wingspan Motion Pictures LLP has officially announced Ereya, an epic feature film based on the life and legacy of South Indian emperor Pulakeshi II, one of the most powerful rulers of 6th century India.

Supported by Sunit Jawadekar and Nivedita Kothare, the film will chronicle Pulakeshi II's extraordinary journey, highlighting his military brilliance, strategic acumen, and vast empire that spanned nearly half of the Indian subcontinent. The project is based on the extensive research and literary work of Dr Bhooshan Shanbhag.

Directing this movie is acclaimed Filmfare Award-winning Kannada filmmaker KM Chaitanya, known for his nuanced storytelling and striking visual style. "Sunit Jawadekar and

Nivedita Kothare were in touch with me during the filming of Kannada movie Aatagara. We planned a few movies but those projects did not take off. I could not resist the opportunity to handle the megaphone for this movie when they approached me. As of now, the work on the screenplay has been completed. We are yet to begin the process of selecting the cast and crew for this movie. The movie is expected to go on floors in December," said director Chaitanya.

First look delayed

The passing of legendary singer Asha Bhosle has cast a shadow over the entertainment industry, with tributes pouring in from all quarters. Amid this moment of collective grief, the makers of 'Hai Jawani Toh Ishq Hona Hai', starring Varun Dhawan, Pooja Hegde, and Mrunal Thakur, have decided to postpone the unveiling of the film's first look.

Taking to X (formerly Twitter), the producers announced their decision to delay the reveal by a day as a mark of respect. Their statement read, "With the passing of legendary Asha Bhosle ji, we pause to remember a voice that shaped generations of music and emotion. As a mark of respect, we will now be releasing the first look of 'Hai Jawani Toh Ishq Hona Hai' tomorrow instead of today, keeping her fans and family in our prayers. May her soul rest in peace (sic)." The note also added, "A voice that will live on forever in our hearts.". —ETimes

Actress Sonam Bajwa recalls fan's breakup over partner's obsession with her

WHEN SONAM UNKNOWINGLY BROKE AN ENGAGEMENT

Sonam Bajwa recently shared a startling fan interaction, revealing how she was once told she was the reason behind a broken engagement.

Speaking on Famously Fit with Sophie, Sonam said, "There was this girl who walked towards me and she asked, 'Are you Sonam Bajwa?' I said yes, and she said, 'I have to tell you something.' She goes that because of me, her engagement broke. I said, 'I don't know if I should say I am so sorry to hear that,' but I was so stunned! Then she goes, 'But I am very happy now and I am engaged to somebody else.'"

'He wanted me to look like you'

The actress went on to reveal the reason behind the broken relationship, as shared by the fan.

"So she said, 'I am super happy. I called off the engagement with that guy because he was obsessed with you and he wanted me to look like you. He wanted me to have a body like you. It was just a lot for me so I called off that engagement. But ab main jinke saath hoon woh mujhse bohot pyaar karte hain.'" Sonam added that she reassured the fan, saying she was happy for her decision.

From modelling to stardom

Sonam Bajwa began her career as a model before stepping into films, gaining recognition after participating in Femina Miss India 2012. She made her acting debut with the Punjabi film Best Of Luck and rose to fame with Punjab 1984.

Over the years, she has become one of Punjabi cinema's most popular stars with hits like Nikka Zaildar, Carry On Jatta 3 and Sardaar Ji. She has also appeared in Hindi projects like Street Dancer 3D and Karam Yuddh, along with Tamil and Telugu films. Recently, she was seen in Ek Deewane Ki Deewaniyat. —ETimes

'When will you live?' Sadhguru asks Alia

Alia Bhatt and Indian yogi-author Sadhguru recently engaged in a fascinating chat touching on fear of failure, motherhood, and their daily sleep routines. When Alia shared that she sleeps 9 hours a day, Sadhguru suggested she cut back on sleep to embrace more of life.

In a discussion on Sadhguru's YouTube channel, the yogi shared that post-accident, he sleeps just 4-5 hours nightly, explaining, "I got used to sleeping and now I sleep for four and a half, five hours, depends on the day. That's it? What do you mean that's it? That's a fourth of the day." Shocked, Alia opened up about her routine: "I sleep for 9 or 8 hours." Sadhguru shot back, "When will you live?" —ETimes

Sofia's b'day wish for 'favourite husband'

As actor Ed O'Neill turned 80, actress Sofia Vergara, who played his onscreen wife Gloria Maria Ramirez Delgado-Pritchett in the popular sitcom 'Modern Family', wished her "favourite husband". Sofia took to Instagram, where she shared a picture with Ed, who essayed the role of the wealthy patriarch Jay Francis Pritchett. In the picture, the two are seen hugging each other as they posed for a picture. "Feliz cumpleanos to my favourite husband! (Happy birthday to my favourite husband!) I miss u Ed O'neil!!!!," wrote Sofia. —ETimes